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TAKE STEPS TO RETURN TO SCHOOL SAFELY

Practice prevention: protect yourself and others

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Martin County, FL – As in-person learning at schools resumes, everyone should take steps to stay healthy, protect each other from getting sick and stay informed on [COVID-19 updates](#).

Healthy Habits

Your school will have policies in place to prevent the spread of COVID-19. You may also be starting the school year with at-home learning. Whatever the situation, these tips are intended to help parents, guardians and caregivers plan and prepare for the upcoming school year.

- Children should be advised to do the following:
 - [Wash hands](#) frequently with soap and water for at least 20 seconds.
 - If soap and water are not available, use a hand sanitizer comprised of at least 60% alcohol.
 - Wear a face mask.
 - When possible, maintain a distance of at least 6 feet from other people, including other students.
 - Avoid sharing objects with other students, including water bottles, devices, writing instruments and books.
 - Monitor how they feel and tell an adult if they are not feeling well.

Parents and caregivers are advised to monitor their children for illness. **Students who are sick or are awaiting COVID-19 test results should not be sent to school.**

COVID-19: fact sheet

- *“What to do if you’ve been exposed”. “I tested positive. What happens now?”*

About the Florida Department of Health

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